Tired of fireworks? You're not alone metroNEWS

Black Mirror Vancouverite talks tech — and the future (of her career)
metroLIFE

Vancouver metro

Meet the Canadian women heading south to help Hillary
metroNEWS

Your essential daily news | TUESDAY, NOVEMBER 1, 2016

High 11°C/Low 10°C Rain

IN POOR TASTE

Some West End residents are shocked a Halloween party was held at the site where the body of a missing woman was found a month ago
metroNEWS

JEN ST. DENIS/METRO

First Nations dealt Site C blow

BC HYDRO

Judge's ruling a setback for impacted bands

David P. Ball
Metro | Vancouver

A judge has dealt a blow to two northern British Columbia First Nations who hoped to challenge the province's approval of the $9-billion Site C dam.

West Moberly First Nations and Prophet River First Nation have launched several challenges in both provincial and federal courts against a project that would flood nearly 10,000 hectares of their traditional territories. Both argued the province failed to consult them as required.

But in a ruling Monday morning Supreme Court of B.C. judge Robert Sewell — who previously ruled against them in another Site C case — said it was the First Nations who had stymied the consultation process, not B.C.

"The process of consultation was frustrated by the positions taken by the (First Nations) and in particular by their refusal to engage in consultation within a reasonable time frame," wrote Sewell in his ruling. "I am satisfied that the province was prepared to engage in meaningful consultation."

In an earlier Site C statement, the Crown corporation said it's been "consulting and engaging with Aboriginal groups about Site C since 2007" and that BC Hydro has reached agreements with 11 aboriginal groups.

"Only two First Nations remain opposed to the project in court," the agency said on Aug. 10, adding that, "to date, four judicial reviews of the environmental approvals of Site C have been dismissed."

West Moberly Chief Roland Willson told Metro that he was disappointed and surprised by the ruling, and that the Treaty 8 bands will be reviewing the decision with their lawyers by conference call in coming days to chart their next steps.

"I was hopeful and expected that we'd get a fair decision," he said in a phone interview. "I guess this is part and parcel of having to defend our rights through the court system when (governments) don't acknowledge our treaty.

Willson said the band had in fact negotiated a custom consultation agreement already, but felt that deal had been broken.

"When we finally agreed on a process, not even a month afterward they approved all the permits anyway," he said. "There was absolutely no trust in B.C. to honour its word on anything — not on protecting our treaty, or on the existing agreements we have in place. We're expected to sit down with them in good faith?"

metro NEWS

Your essential daily news

Got bed bugs? Report them right away. Tenants can get in trouble if they don't.

Things every B.C. renter needs to know

More than half of Vancouverites are renters, but with a dismal vacancy rate of less than one per cent, landlords can appear to have the upper hand when it comes to disputes. But there are several things tenants can do to increase their chances of winning a Residential Tenancy Branch (RTB) hearing, according to Andrew Sakamoto, executive director of B.C.'s Tenant Resource and Advisory Centre (TRAC). Metro spoke with him about the biggest misunderstandings tenants have when they dispute their landlords.

WANYEE LI METRO

You don't need a lawyer to win

You don't have to hire a lawyer to successfully win a dispute with your landlord. It costs $100 to apply to the RTB — but low-income households can have that fee waived — and hearings are almost always held over the phone, according to Sakamoto. "The dispute resolution service is more accessible than people realize." Landlords need to be held accountable and tenants play a big role in that, he said. "The onus is on tenants to follow through and fight back a little bit with their landlord."

Know your eviction rights

Eviction is the most common issue TRAC deals with, according to Sakamoto. "The truth is there are a lot of landlords who issue eviction notices without actually having the grounds to do so." But every eviction can be challenged through the RTB and the tribunal often sides with the tenant if the landlord evicted them in bad faith — even if the landlord didn't break any rules, said Sakamoto.

Handshake tenancies are still covered under the law

A tenant can successfully challenge a landlord in RTB even if the landlord has not signed a tenancy agreement, according to Sakamoto. "As long as you can show that a tenancy has been establish, that is rent is being exchanged for a place to stay, verbal tenancies are still valid and legal," he said. But TRAC still strongly recommends that tenants keep a written record of all agreements. The organization offers different template letters online for 27 common issues tenants may wish to communicate to landlords.

Pay your rent in full and on time

Paying rent late, even just a few days late, is reason enough for a landlord to evict a tenant and it is completely legal for them to do so. Not paying rent in full or on time is a valid reason for landlords to evict a tenant, according to the Residential Tenancy Act. "It's called 10-day notice for non-payment of rent but if you pay within five days, that cancels the notice," said Sakamoto.

Your security deposit is yours unless ...

Landlords must give tenants their security deposit back unless they apply successfully to the RTB to keep it, according to Sakamoto. Valid reasons for keeping the security deposit include property damage or unpaid rent. "(Landlords) are not allowed to just decide on their own to keep some or all of your deposit. They either have to get your consent or the permission of the RTB." The best part is tenants can go after the landlord for double the security deposit amount if the landlord does not return the security deposit within 15 days, said Sakamoto.

Are you covered under the B.C. Tenancy Act?

Not everybody who pays rent or accommodation is considered a tenant as defined in the Residential Tenancy Act. "You have student housing, co-op housing, both of which are not covered in the act," said Sakamoto. Homestays are usually not covered either because if a person shares kitchen or bathroom facilities with the owner, it is not a legal tenancy, he said.

You want a better life. Job satisfaction. Financial security. Respect. You want to help others.

Administrative Careers in Hospitals

Nursing Unit Clerk Nursing Unit Clerks are the coordinators of patient care departments. The average wage for Stenberg grads is $21.40/hr. plus 12.2% in lieu of benefits.

Hospital Support Specialist Train to work as an Admitting/ Registration Clerk; Health Records Clerk, Diagnostic Imaging Clerk; Hospital Switchboard Operator, Medical Secretary and more. Entry level wages from $18.16 - $21/hr.

Medical Office Assistant Train to work in doctor's offices, walk-in clinics, billing and medical insurance companies, and other healthcare organizations.

STENBERG COLLEGE 604-580-2772 • stenbergcollege.com

You are invited to an

INFORMATION SESSION

Tuesday, Nov. 1, 2016
7:00 pm – 9:00 pm

Stenberg College
Suite 750-13450 102nd Ave, Surrey
(Central City Tower)

Please RSVP to
rsvp@stenbergcollege.com or by tel: 604-634-0384

Health body applies for new safe injection sites

OVERDOSING CRISIS

The fate of two centres is now in the hands of Health Canada

Matt Kieltyka
Metro | Vancouver

Vancouver Coastal Health has officially filed applications for two new supervised injection sites in Vancouver.

The health authority and Vancouver Mayor Gregor Robertson announced Monday that the applications for the injection services, to be rolled into the existing services within the Downtown Eastside Mental Health and Substance Use Drop-In Centre (528 Powell St.) and the Heatley Integrated Health Centre (330 Heatley St.), have been completed after months of work and submitted to Health Canada for approval.

"We hope to work with [Health Canada] to get approval as quickly as possible," said VCH chief medical health officer Dr. Patricia Daly. "The signs from Health Canada are very positive so I hope it won't take many, many months for approval to come through as it has for previous applications.

"In past years, even with the renewal of Insite, it would take almost a year to hear from Health Canada for approval. With the change in government last fall, we did have a much quicker approval of renewal last spring. We'll see, but our goal is to open these sites as soon as we can in the new year."

A woman looks on as a man wears an Insite jacket during a demonstration in June that called for more safe injection sites like Insite, in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Unlike Insite, Daly said the two new proposed injection services are part of facilities that already provide a wide-range of harm reduction measures for its clients, such as needle exchanges.

They'd also operate on a much smaller scale than the standalone injection site, providing just four injection booths each.

The applications have been in the works since before April, when the province declared a public health emergency over the increasingly number of overdose deaths but Daly said "mean-spirited" legislation introduced by the previous Conservative government has meant applications can take more than a year to put together to fulfill all requirements.

Under Bill C2, the applications much contain details policies and procedures, site plans, letters of support from the community, police, health officials and multiple levels of government.

> "We'll see, but our goal is to open these sites as soon as we can in the new year." Dr. Patricia Daly

It also, unnecessarily Daly says, requires health authorities to submit evidence of the benefit of injections services and evidence of the need, despite a Supreme Court of Canada ruling declaring them legitimate health services and over a decade worth of research out of Insite and the Dr. Peter Centre, VCH's other current supervised injection site for clients of the HIV/AIDS treatment centre.

Robertson said the city has lobbied the federal government to repeal the bill.

At the very least, he hopes Health Canada shows urgency in reviewing the applications during an overdose crisis that has killed 555 people in B.C. so far this year (as of the end of September), 110 of those in Vancouver.

"We have over a dozen people dying each month of overdose deaths," said the mayor. "Every month that we lose because of Bill C2 and an onerous process that's totally unnecessary and overboard means we're losing dozens of people in cities like Vancouver."

VCH has previously announced it intends to apply for as many as five new supervised injection services within Vancouver, including one that's women only.

Locations and partners for further applications are still being sought.

ASSAULT

Charges for racist attack

Jen St. Denis
Metro | Vancouver

Abbotsford Police have charged, but have not yet been able to find, the man seen swearing and making disturbing racist remarks in a widely-shared video.

Karry Vernon Corbett is a resident of Hope who is known to police for previous incidents involving drugs and violence, said Const. Ian MacDonald of the Abbotsford Police Department. He has been charged with two counts of assault, one count of uttering threats and one count of causing a disturbance.

Karry Vernon Corbett ABBOTSFORD POLICE

The incident occurred on Oct. 21, when a witness observed Corbett yelling at a parking enforcement officer in the 33600 block of South Fraser Way in Abbotsford. When the witness began filming the altercation, Corbett began berating him, including making racist remarks.

He is charged with one count of assault against the 72-year-old parking attendant and one charge of assault against the person making the video.

"In order to get a charge of assault you don't have to physically touch anyone, you can be threatening, you can be in their face," MacDonald said.

"Based on his stance, his aggression, that was considered assault against both men."

RICK MERCER REPORT
TONIGHT Rick helps train search and rescue dogs in Kamloops, B.C. Warning: there will be puppies.
#rickmercerreport
ALL NEW EPISODE
TONIGHT 8
8:30 NT

Party too close to site of tragedy

HALLOWEEN

Event held where woman's body was recently found

Jen St. Denis
Metro | Vancouver

Some West End residents are concerned that a Halloween party — complete with a pretend graveyard — was held near the scene of a recent disturbing crime.

One month ago, the body of Natsumi Kogawa, a 30-year-old student from Japan, was found on the grounds of Gabriola House at 1531 Davie St. The discovery followed a three-week search for the missing woman. A 48-year old man was arrested in connection with the case and charged with indignity to a human body.

David Johnson was walking with two friends down Davie Street on Saturday around 10 p.m. when they came upon the party at the heritage building, complete with strobe lights, loud music and Halloween decorations such as headstones marked "RIP".

"I'd walk by knowing what had happened," Johnson said. "I couldn't believe my eyes when I heard music and saw flashing lights."

Johnson had closely followed the search for Kogawa and the subsequent discovery of her body, and he said the party made him feel "disappointed and ashamed."

"She seemed like someone I would want to know, like a nice person who was discovering our culture, and I really feel like this hurts our relationship with Japan."

The owner of the building, Nevin Sangha, said the currently vacant building is not used for events on a regular basis. The Halloween party was for a good cause, he said: it raised money and food for the Greater Vancouver Food Bank. Sangha said the guests were well behaved and left by 12:45 a.m. He declined to say who organized the party or how much money was raised.

He also pointed out that Kogawa's body had been found on the northeast corner of the property, not inside the heritage home, as had initially been reported by some media, including Metro. Police confirmed to Metro that the property is no longer considered an active crime scene.

Sangha said special efforts were made to protect items people have left at the site as a memorial, and added that he is in the early stages of planning a permanent memorial. The historic mansion was previously used as a restaurant but has stood vacant for several years. Sangha bought the property in 2015 with plans to turn the house into rental suites.

There has been one other party held at the site since Kogawa's body was found on the grounds, as well as several movie shoots.

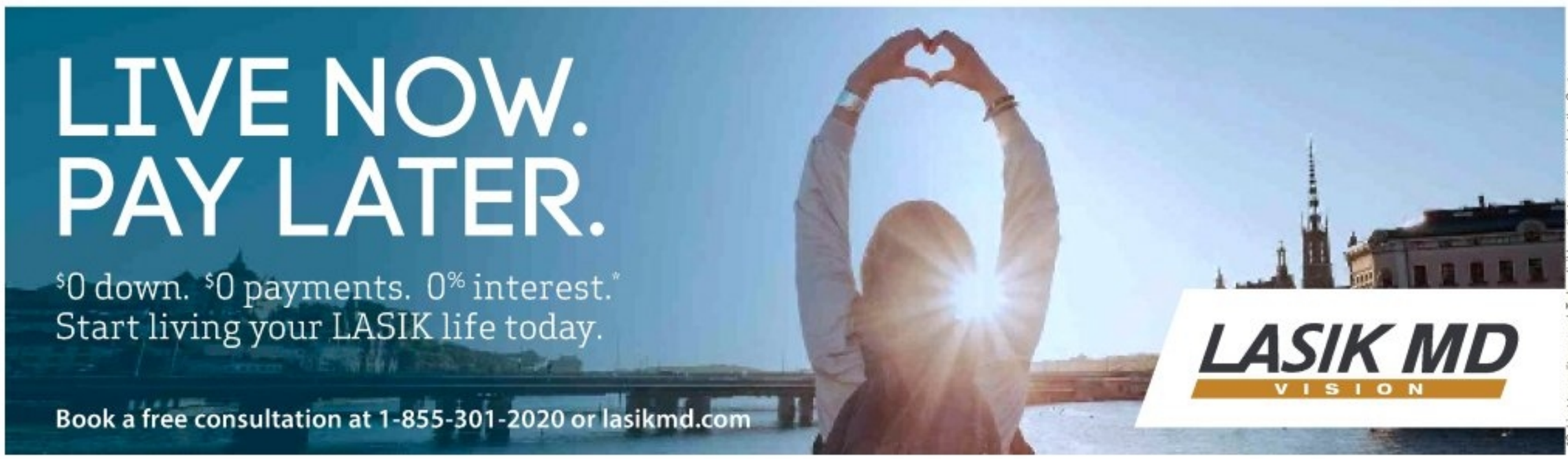
"We've had lots of inquiries and we're very, very careful on who uses it," Sangha said. "In the two years since I've (owned) it, there have been maybe five rentals there."

But Johnson said the fact that the party raised money for charity doesn't change his opinion of the event. He questions whether the party would have been held at the site if Kogawa had been from Metro Vancouver with family nearby instead of overseas.

"It was pretty insensitive of them," he said. "I think that that's a great cause, but moving it to a new venue would have been a more suitable option."

West End resident David Johnson said he felt the event was inappropriate considering the body of missing Japanese student Natsumi Kogawa was found on the mansion's grounds just one month ago. JEN ST. DENIS/METRO

Partygoers, including some dressed as sushi, at a Halloween party held at the vacant Gabriola House mansion on Saturday. COURTESY DAVID JOHNSON


LIVE NOW.
PAY LATER.
$0 down. $0 payments. 0% interest.*
Start living your LASIK life today.
Book a free consultation at 1-855-301-2020 or lasikmd.com
LASIK MD
VISION
*Subject to credit approval. To be eligible, patients must complete the Custom LASIK/Custom All-Laser procedure (including Laser PresbyVision™ and lens implant procedures) for both eyes. Cannot be combined with any other offer or discount. Offer subject to change without prior notice.

DOUBLE YOUR DATA

GET MORE. DO MORE.

20 YEARS

Come celebrate our 20th anniversary with two times the data on select plans.[1]

fido
Go get it.

Visit a Fido store today.

Offer ends December 31, 2016; subject to change without notice. **1.** Available with 500 MB plans and 1 GB plans. Not available in Manitoba and Saskatchewan. © 2016 Fido

Halloween rekindles the old firework-ban debate

SAFTEY

City says permit system works, but many want items outlawed

Wanyee Li
Metro | Vancouver

It's time to ban the sale and use of fireworks in the Lower Mainland, according some residents and politicians but at least one fire department says an outright ban would not make Halloween any safer.

Many municipalities in Metro Vancouver ban the sale of fireworks during Halloween, but Vancouver has a permit system that allows the sale, purchase, and use of fireworks from Oct. 25 to Oct. 31. The city implemented these rules in 2008 and its fire department has since seen a more than 50 per cent drop in firework-related calls.

"In 2007 we had 41 firework-related calls and we have seen a steady decline since then. Last year we had 16 [calls]," said Jonathan Gormick, spokesperson for Vancouver's Fire and Rescue Services.

"It's hard to deny the relationship of our call volume and the implementation of a permit system."

Vancouver has had a quiet week so far, with only one confirmed call related to fireworks, according to Gormick.

People watch as fireworks explode during the Parade of Lost Souls in Vancouver, B.C.
DARRYL DYCK/THE CANADIAN PRESS

But it has been a different story for Surrey, a city that bans both the sale and use of fireworks.

"But this weekend there were some very heavy duty fireworks going off — I liken them to bombs going off in the neighbourhood," said Liz Walters president of the Newton Community Association.

The city confiscated $100,000 worth of fireworks and firecrackers over a two-day period last week, according to a written release.

Walters believes some Surrey residents are not following the city's bylaws on fireworks because they are confused about what is and is not allowed. A region-wide ban would solve that issue, she said.

"Education is key and people purchase [fireworks] across boundaries and bring them into areas where they are banned. So it leads to confusion."

A region-wide ban would also help cities manage their relationship with firework vendors, said Burnaby city councillor Sav Dhaliwal.

"It would be better if all vendors are treated the same way. We would definitely support a region-wide ban," he said.

This is the first year Burnaby residents must abide to a new bylaw that bans the sale of fireworks.

> **A ban would drive the acquisition of fireworks underground and online.**
> Jonathan Gormick

Residents are still allowed to set off fireworks, however.

Burnaby used to have a permit system similar to Vancouver but cancelled it because enforcement proved difficult, said Dhaliwal.

"It's a lot of work that needs to be done for a very short period of time and our experience was such that some businesses did not really follow the bylaws properly, like the signage bylaw, the way they stored the fireworks."

But bylaw enforcement is preferable to driving the firework market underground or online, said Gormick.

It would make it even more difficult for authorities to prevent fireworks from getting into the hands of children, for example, he said.

"I think a ban would drive the acquisition of fireworks underground and online," he said.

"I'm not sure if banning it is the right avenue. We've chosen this for a very good reason and it seems to be working."

DISCRIMINATION

Trinity school decision expected

Backers of an evangelical Christian university that bans sexual intimacy outside of heterosexual marriage will learn Tuesday if graduates of the school's proposed law school will be allowed to practise in British Columbia.

The B.C. Court of Appeal is set to release its decision on whether the Law Society of B.C. was wrong for denying accreditation to future alumni of a planned law program at Trinity Western University.

At issue is the school's so-called community covenant, which all students must sign pledging sexual intimacy may only occur between a man and a woman who are married.

University spokeswoman Amy Robertson said the school hopes the court ruling follows one in Nova Scotia, where in July the Court of Appeal dismissed an application from that province's law society to quash an earlier ruling siding with Trinity Western.

"The ability to believe as we choose, practise accordingly and live peacefully among one another even when we may disagree is core to being Canadians," Robertson said in an email.

"We're ultimately looking forward to training law students who will serve Canadians with integrity, excellence and compassion— much like grads of our education, business, nursing and other programs are already doing."

In 2014, the Law Society of B.C. initially opted to recognize Trinity Western law graduates but reversed the decision six months later after its general membership voted 74 per cent against granting accreditation.

The society cited concern over the school's covenant, which it said discriminated against gays and lesbians hoping to enter the legal profession.

A dispute over the law society's decision came to a head late last year when Chief Justice Christopher Hinkson of the B.C. Supreme Court sided with the university.

Hinkson said the law society's governing board allowed itself to be inappropriately blinded its members, citing an error of administrative law as opposed to broader issues around constitutional liberties.

The Law Society of B.C. declined to comment.

THE CANADIAN PRESS

IN BRIEF

UBC researchers develop tool to solve sex crimes

Researchers at the University of British Columbia have developed a new classification system that could help police solve sex crimes.

Using classified anonymous police case files and court records, researchers at the University of B.C.'s Okanagan campus say they have uncovered new subtypes of high-risk sexual offenders. The work could give police insight into the behaviour of convicted sex offenders who have been released into the community, they say.

Researchers identify three distinct groups: coercive child molesters, sadistic rapists and stranger-focused offenders. THE CANADIAN PRESS

Suspect charged for alleged screwdriver attack on transit

Transit police say a man faces a charge of assault with a weapon after a Vancouver bus driver was attacked with a screwdriver, leaving him with injuries including a broken cheekbone.

The attack happened on Oct. 10 when transit police say a man holding a screwdriver boarded an empty bus without paying and was asked by the driver to move to the back of the bus.

It's alleged the man hit the driver in the face with the screwdriver, breaking his glasses, and fracturing his cheekbone. Darren Lafferty, 23, of no fixed address has been remanded in custody

THE CANADIAN PRESS

DRACULA'S CASTLE THE SPOOKIEST OF NIGHTS Canadian brother and sister Robin and Tami Varma passed Halloween night curled up in red velvet coffins in the Transylvanian castle in Bran, Romania that inspired the Dracula legend. It is the first time in 70 years anyone has spent the night in the gothic fortress, after they bested 88,000 people who entered a competition hosted by Airbnb to get the chance to dine and sleep at the castle. VADIM GHIRDA/THE ASSOCIATED PRESS

Immigration goals 'anti-climactic'

FEDERAL GOVERNMENT

Keeping levels at 300,000 disappointing for many

Ottawa will bring in the same number of immigrants in 2017 as it did in 2016, despite calls from think tanks, the corporate sector and advocacy groups to admit substantially higher numbers of newcomers.

The news of the plan to keep the immigration level at 300,000 on Monday was a bombshell to many after a summer of public consultations where Immigration Minister John McCallum had repeatedly hinted at "substantially" boosting the number of immigrants and rolling out multiyear targets to manage immigration.

The new plan represents a higher target for economic immigrants from 160,600 in 2016 to 172,500 in 2017, and for family reunification from 80,000 to 84,000 — at the expense of the admission of refugees from 55,800 to 40,000.

At least two national interest groups recently recommended the government increase immigration amid Canada's aging population and low birth rate, to sustain the country's economic growth and support its strained health-care and pension systems.

"This is almost anti-climactic. With all the buildup and rumours, not much is done," said Toronto immigration lawyer Chantal Desloges, who called the government decision a "safe, conservative choice" to avoid anti-immigrant backlash among voters.

Added Debbie Douglas of the Ontario Council of Agencies Serving Immigrants: "We are all surprised. … There appeared to be a consensus even among the bureaucracy that we needed to increase the target to at least 1 per cent of the population."

The Liberal government's 2017 immigration target will keep the immigration level in check at 0.86 per cent of the population.

"What we did was from 2011 to 2015, we took in an average of 260,000 immigrants. Then we jumped to 300,000 because of the Syrian refugees. It wasn't permanently funded," McCallum said.

"What we've done now is we set the 300,000 target for 2017 as the foundation from which we can grow immigration in the future. We shifted the composition a bit with more emphasis on economic immigrants. Refugees are twice as high in 2015 but not as high as 2016."

With the current immigration system plagued with backlogs and long wait times, a higher target would have required more resources for processing applications, not to mention money for newcomer settlement programs.

"In politics, you can't always please everybody," said McCallum. "There may be some who are disappointed, some not. All I am saying is the 300,000 lays the foundation for future growth. We are making it a permanent base."

> **In politics, you can't always please everybody.**
> Immigration Minister John McCallum

Kareem El-Assal, a research associate with the Conference Board of Canada, said the 300,000 target has been the highest immigration level for the country since 1913 and it shows the government's will to exercise caution in preparing the system to ensure it has the capacity to absorb more immigrants.

"We need to be patient. This is the first full year of the government's mandate. We have three more years to go," El-Assal said, adding that the target paves the way for Canada to raise the level to 1 per cent of the population by 2030 as urged by the conference board. TORSTAR NEWS SERVICE

Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

Recently an Italian study of a sugar-blocking supplement showed impressive weight loss results.[1] The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in only 90 days.

The subjects lost 10% of their body weight and lost 3 times the weight of the control group, who were on a controlled diet, but without a mulberry supplement. In addition, the subjects also experienced healthier blood sugar levels after using this mulberry supplement.

The explanation for the weight loss is that Zuccarin uses natural mulberry leaf extract and chromium to block absorption of sugars in the foods we eat. When these sugars are undigested, our blood sugar stabilizes, and weight loss occurs.

ZUCCARIN™
CHANGED MY LIFE

"I have taken this supplement for 2 years now and can't imagine being without it. I have seen my blood sugar levels stabilize and I have even lost 25 pounds of weight since starting. I have recommended it to a lot of my friends and they are now experiencing the same good results as I have."

Elenor C. Miami, FL.

Zuccarin™ is the no.1 selling mulberry leaf supplement in the world.

At participating pharmacies, health food stores and online. For more information or to buy online please call 1-877-696-6734.

ONLINE SHOP
newnordic.ca

SHOPPERS DRUG MART · Loblaws · Superstore · Alive Health Centre · GNC · Walmart · Rexall PharmaPlus · metro

1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no 1, 2014.
To make sure this product right for you, always read the label and follow the instructions.

Quake-ravaged town 'is dead and buried'

ITALY

Thousands still in need of housing

Residents of a mountainous region of central Italy displaced by a series of powerful earthquakes resisted relocation Monday and appealed for campers and tents so they could remain close to their homes and businesses.

The latest quake on Sunday morning — with a magnitude 6.6, the strongest to hit Italy in 36 years — caused no deaths or serious injuries, largely because most vulnerable city centres already had been closed due to previous damage and many homes vacated.

But it did complicate relief efforts in a fragile zone still coping with the aftermath of an August earthquake that killed nearly 300 and a pair of damaging aftershocks last week.

Policemen stand by collapsed wall of the village of Norcia on Monday. AFP/GETTY IMAGES

Civil protection officials said the number of people needing housing has risen by 15,000 since Wednesday, a figure that does not include the 2,000 who remained displaced from the August quake.

Although thousands already have been moved to coastal regions out of harm's way, a growing number of quake-stricken communities are insisting on staying put. They say they have businesses to tend to, not infrequently involving livestock, or think that if their homes are still standing they remain the safest place to be.

On Monday, some 20 people remained in the hilltop town of Castelluccio, which aerial video shot by Italian firefighters show was all but razed on Sunday. The town is famous for its lentils and its spectacular display of wildflowers, and the residents who stayed behind include farmers and shepherds sharing a camper and two containers they organized themselves, according to the news agency ANSA.

"This town is dead and buried," Adorno Pignatelli told ANSA. "But we will continue to grow flowers because we won't let it die definitively."

THE ASSOCIATED PRESS

MIDDLE EAST

Iraqi forces poised on edge of Mosul

Iraqi special forces stood poised to enter Mosul in an offensive to drive out Daesh militants after sweeping into the last village on the city's eastern edge Monday while fending off suicide car bombs without losing a soldier.

Armoured vehicles, including Abrams tanks, drew fire from mortars and small arms as they moved on the village of Bazwaya in an assault that began at dawn, while artillery and airstrikes hit Daesh positions.

By evening, the fighting had stopped and units took up positions less than a mile from Mosul's eastern border and about 5 miles (8 kilometres) from the centre, two weeks into the offensive to retake Iraq's second-largest city.

"We will enter the city of Mosul soon and liberate it from Daesh," said Brig. Gen. Haider Fadhil of Iraq's special forces.

THE ASSOCIATED PRESS

IN BRIEF

Workers hurt in Alabama gas pipeline explosion

An explosion along the Colonial Pipeline in rural Alabama injured at least seven workers Monday not far from where the line burst and leaked gasoline last month, authorities said.

The blast happened about a mile west of where the pipeline ruptured in September, Gov. Robert Bentley said.

THE ASSOCIATED PRESS

Deadly blast at China mine

At least 15 people have been confirmed dead from a gas explosion inside a coal mine in western China, and rescuers on Tuesday were still trying to locate survivors trapped inside. Xinhua News Agency cited the Chongqing municipal coal mine safety inspection bureau in reporting the deaths inside the Jinshangou coal mine in China's Chongqing region on Monday afternoon.

THE ASSOCIATED PRESS

All students who start the Early Childhood Education program this November will receive a $2,000 Scholarship*!
*Certain restrictions apply. Contact campus for more info.
VANCOUVER CAREER COLLEGE
1-800-993-4086
studyECE.vccollege.ca

metro VIEWS
Your essential daily news
Tuesday, November 1, 2016

EMMA TEITEL ON COLUMNISTS RUN AMOK

Luckily there exists a method to mask a shortfall of original opinions: The 'Blame-Political-Correctness-Strategy'

I'm going to let you in on a trade secret. Many of us who get paid to "weigh in" on the news for a living run out of ideas on the regular.

I call this "opinion fatigue" and when I suffer a particularly hairy bout of O.F. (roughly three times a week), I make like a contestant on Who Wants to Be a Millionaire: I phone a friend.

And I plead: "I'm out of opinions. Do you have any? I'll take anything: Euthanasia, bad breath, bad dry cleaners, the economy . . . anything." In fact, at least a third of my opinions aren't really mine at all. They belong to my friend Travis. (Thanks, Trav).

But what is a brain-drained columnist to do when she runs out of friends and family to pester for fresh content?

Luckily there exists another equally effective method to mask a shortfall of original opinions — one employed by columnists far and wide: the "Blame-Political-Correctness-Strategy."

Here's how BPCS works.

Step 1: Google "political correctness run amok."

Step 2: From the 80,000-plus Google entries that immediately appear, select the most current incident of hypersensitivity on a liberal arts campus you can find ("Yoga banned on account of cultural appropriation!" "Woman triggered by salami sandwich!")

Step 3: Immediately proceed to write a column proclaiming, with righteous indignation, that as a direct result of one or two such incidents, freedom of expression, as we know it, is in peril.

Why am I revealing the BPCS secret to you now? Well it just so happens that BPCS is especially popular among pundits and column writers at this juncture.

Why? Because Halloween is upon us, and with Halloween comes all manner of offensive costumes, from the blatantly racist (blackface) to the blatantly tasteless (Caitlyn Jenner) to the truly horrifying. And where there are offensive costumes, there are also offended university students who want to ban them. Enter BPCS.

HALLOWEEN HORROR? For every sliver of "safe space" on a university campus, there are about a hundred others where anything goes — like offensive Halloween costumes — Emma Teitel writes. COSTUME SUPPLY CENTRE

To illustrate, very recently the student union at Brock University in St. Catharines announced a prohibition on offensive Halloween getups at its student union events; and already the anti-political correctness punditry machine has begun spitting up outrage. News of Brock's costume ban made its way into nearly every major paper in the nation this month, and Breitbart, the conservative news giant in the U.S., wrote a scathing critique of Brock's "twisted" PC "illogic."

The Brock University Students' Union justifies its position this way: "People's identities are not costumes." More specifically, costumes that mock rape, suicide, gender identity and costumes that appropriate other cultures — à la "traditional or religious headdresses"— are off limits. To his credit, Chris Green, general manager of the school's students' union, acknowledges that policing the policy is "not an exact science."

You can say that again. When I asked Green how the inexact part of the policy surfaces, he said that just last year (when the same policy was in place) a guy showed up to a students' union Halloween event in what looked like "Rastafarian" garb.

The union, wondering if the costume was appropriative, asked the man about his outfit. And what do you know: The guy revealed that it was in fact, a costume derived from his own heritage."

So, it turned out, in an awkward bit of irony, that the would-be protectors of marginalized identities were, for a moment, the ones doing the marginalizing.

I hate to say anything nice about Breitbart, but they aren't entirely wrong to call such a costume policy illogical.

However, where Breitbart and other media outlets are wrong is in their rabid, if implicit, assertion that such a policy is newsworthy at all.

Yes, Brock is overreaching, but it and so many campus policies like it are extremely small potatoes. According to Green, the costume prohibition at Brock applies to just two weeknight Halloween parties run by the students' union, at a bar on campus. One of those parties, he says, "is a dry event" (in other words, probably not the first choice of someone who likes to push the boundaries of taste, anyway).

The students' union then is not walking dorm to dorm and house to house policing student costumes. If someone wishes to dress up as Caitlyn Jenner or Bill Cosby, house parties and other bars abound where he is free to be his most distasteful self.

That's the thing about the anti-political correctness argument as it pertains to university campuses. Nine times out of 10 the PC demand at hand is much ado about nothing. Because for every sliver of so-called "safe space" on a university campus, there are about a hundred others where anything goes — spaces where you can go about your day oblivious to the sensibilities and jargon of the far, far left and nobody will bat an eyelash. Spaces where no one checks his privilege or his offensive costume at the door.

So the next time you read an outraged column warning that freedom of expression is in decline, and that 10 years from now you will be living under a politically correct caliphate — remember this column, and read between the lines: Nothing is in decline besides a writer's ability to conjure up fresh ideas on a slow news day.

For every sliver of 'safe space' on a campus, there are about a hundred others where anything goes.

Emma Teitel is a national affairs columnist with Torstar News Service.

The school board's loss could be parents' gain

CITY HOLLER
Trish Kelly

On Oct. 17, Mike Bernier, our provincial Education Minister, announced that he'd fired all nine Vancouver School Board trustees. Across the city, jaws dropped with a thud. Following close behind was a chorus of support from parents and lovers of democracy, who rose to defend the elected board that had championed the interests of students in the face of a dozen potential school closures.

But I choose to think of it in a different way. I choose to think that these school board trustees, vocal advocates of public education, were not fired; Minister Bernier simply freed up their futures. Freeing up someone's future is a human-resources expression for canning someone in the most optimistic way, with confidence that something better for the firee is just around the bend, something wonderful neither party can even imagine until the guillotine flies.

While Bernier could have found ways to simply neuter and demoralize the VSB trustees, he instead freed them up for a future, possibly, in provincial politics. We can choose to be aghast at Bernier's dismissal of an elected board, or we can get excited about the possibility that at least some of the trustees could now become candidates in the upcoming provincial election.

Let's consider the very popular trustee Patti Bacchus. In the 2011 civic election, Patti Bacchus received more votes than anyone else elected to school board, park board, or city council. In fact, the only person who received more votes than her was Gregor Robertson. Bacchus also received 13,875 more votes than Suzanne Anton, who lost the mayor's race to Robertson. In the 2014 election, Bacchus again received an impressive amount of votes. In the school board race, she scored more votes than anyone else. Across the Vision slate, more votes were cast for Bacchus than any other Vision candidate, except for the mayor.

If Bacchus, who was named education editor for the National Observer on Monday, was looking for a new outlet for her education advocacy, she could throw her hat in the ring, and run this spring against the Liberals who ousted her. She's certainly got more qualifications to be our Education Minister than Bernier, whose 20-year career in oil and gas may make him good at torching things, but not so much safeguarding our public education system.

Perhaps Bacchus could run against Suzanne Anton in the Southeast Vancouver riding of Vancouver-Fraserview. Bacchus has outdone Anton at the polls before, and this time she could be lifted up by the wrathful passion of Vancouver's parents. They're quite a force. Years of underfunding have made Vancouver parents powerful fundraising machines, which Bacchus could harness to run a strong campaign against Anton. And Lord knows, Vancouver parents deserve a cathartic release like electing their best champion to provincial government.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Hilary Duff 'so sorry' for controversial Halloween costume

EXERCISE

He recovered a personal training career from injury

'Growing pain' was Jeremy's gain

Jeremy Fernandes is a personal trainer at Body + Soul Fitness in North York. TORSTAR NEWS SERVICE

For Jeremy Fernandes, a love of fitness started back when he played sports in his youth — and it's translated into a full-fledged personal training career. With a kinesiology degree from the University of Western Ontario and Precision Nutrition Level II certification under his belt, the 27-year-old personal trainer at Body + Soul Fitness in North York, Ont., brings his well-rounded background to the gym.

Now, he's offering some at-home workout tips anyone can use in their fitness routine. Fernandes also stopped by the Star office to give us the lowdown on his approach to personal training, his top celeb fitness trainer inspirations, and which workouts he thinks are totally over-hyped:

What sparked your love of fitness?
Being perpetually injured playing sports when I was younger and never knowing why I got hurt. I pulled my hamstrings, glutes and quads playing soccer. At 12, I tore both my ACL and MCL. My doctor told me it was "growing pains." One day, a referee pulled me out of a game because I was limping. After that, I went to physiotherapy, and eventually I started thinking about a career in rehab. While studying kinesiology, I learned how to train properly. I'd never done squats or deadlifts because of my knee pain — but I learned I had knee pain because I wasn't doing any of those things.

Now that you're a trainer, what's your approach to personal training?
I work with, generally, older adults — so 40-plus. They're people who have a similar history to me: They've been physically active, they've been sidelined because of injuries, and they want to feel better, get over those injuries, and incorporate fitness back into their lives.

Are there any celebrity fitness trainers you admire?
Eric Cressey is one, and Mike Robertson. They take an evidence-based approach. They're all about strength, but they also take into consideration anatomical differences. They're strong on

> **While studying kinesiology, I learned how to train properly.**
> Jeremy Fernandes

biomechanics, anatomy, physiology, and break it down into a way that a layperson can understand.

Is there a certain type of trendy workout that you think is totally overrated?
It's all context-dependant. I don't think going to a yoga class three times a week constitutes strength training. At some point, you need to see progression — and there aren't a lot of opportunities to progress in yoga, pilates, or ballet barre classes. But there's no methodology I really hate.

How can people stay motivated on a fitness routine?
Set performance-based goals. Look to achieve something in the gym and train towards that, and don't wait for motivation. The best quote I've heard about motivation is, "It's a friend who makes plans with you and bails last-minute every time." Setting performance-based goals gives you something to work towards. It could be setting a goal of one pull-up, or five body-weight push-ups, and once you've hit that first goal, it becomes infectious.

TORSTAR NEWS SERVICE

TRY THIS AT HOME RESISTANCE BAND LAT STRETCH

The lowdown

Equipment needed: Heavy resistance band and an anchor (a pole in a basement or a fence post for instance).

Repetitions: Eight to 12 per side

Muscle groups worked: Lateral line

1 Anchor the band

2 Put your hand through the hole, palm up, and let the band cradle your wrist

3 Close your fingers around the band

3 Hinge at the hips

SPEAKING OUT

Adele's postpartum depression battle

Adele has opened up about parenting, her struggle with postpartum depression and alcohol use in a new interview.

The 28-year-old singer tells Vanity Fair she felt like she had made "the worst decision" of her life after having her son, Angelo, who's now 4. She says she eventually had to spend some time alone in order to overcome her postpartum depression.

Adele also touched on cutting back on her drinking and quitting smoking. She says "having a hangover with a child is torture." She says she used to be a "massive drinker," but now only indulges in two glasses of wine a week.

The comments are in the December issue of Vanity Fair, which hits newsstands Thursday. THE ASSOCIATED PRESS

Adele. THE ASSOCIATED PRESS

GOSSIP BRIEF

Prince Harry's latest romance started in Toronto

Romance is not dead in Toronto, folks. Just ask Prince Harry. The Royal is rumoured to have fallen head over heels with actor Meghan Markle in the city in May; she was filming the law drama Suits and the 32-year-old Royal was in Toronto promoting the Invictus Games. Since then, Markle, 35, has posted multiple Instagram snaps of trips to London. Royal-romance-watchers are pointing to a set of beaded bracelets worn by Markle that are very similar to ones Prince Harry regularly sports.

Express cites a source who describes a "besotted" Prince who's "happier than he's been for many years."

The Daily Mail claims that Prince Harry was booked on a plane to Toronto on Sunday but was a no-show after news of the relationship broke. VERONICA SAROLI/THE KIT

JOHANNA SCHNELLER
WHAT I'M WATCHING

Hollywood elite on grim reality of climate change

THE SHOW: Before the Flood (natgeotv.com and Nat Geo Channel Facebook, until Nov. 6)
THE MOMENT: The deniers

"There is as robust a scientific consensus for climate change and its human cause as there is for gravity," Michael E. Mann, the Penn State professor behind the "hockey stick" image of rising temperatures, tells Leonardo DiCaprio, who produced and stars in this doc, directed by Fisher Stevens.

Mann explains that a small handful of players, including Big Oil and Koch Industries (the world's largest privately held fossil fuel company), finance an organized campaign of climate change denialism. They fund both scientist-pundits and U.S. politicians — half of the U.S. Congress, including James Inhofe, the chair of the U.S. senate environment committee — to block all bills that would deal with the problem.

"These people... lead us astray in the name of short-term fossil fuel profits," Mann says. "What could be more immoral than that?"

DiCaprio, a UN Messenger for Peace on Climate Change, spent two years traveling to five continents and the Arctic, talking to experts and filming evidence of climate change — from the shrinking ice sheet on the northern tip of Baffin Island, to the sinking island of Palau, to Sumatra's dying coral reefs. The doc lays out the factual horrors clearly, and as they pile up, DiCaprio's reaction is both pessimistic and urgent.

At the end, a list appears of things we can do to re-stabilize the planet: Lobby your government to favor sustainable energy (wind, solar). Demand a carbon tax. To them I'd add, watch this doc and spread it around.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BioTouch Canada Permanent Makeup Inc. • Training • Supply • Service

BioTouch Canada

Models Needed

Permanent Makeup Only $50

We have small classes with 4 students and 2 instructors for each class. Each procedure is under the direct supervision of a permanent makeup instructor and performed by a student in training. You can be confident in the final results of our work.

FEATHERING EYEBROW

Before Immediately After

- Eyebrow
- Eyeliner
- Lips
- Corrections
- Areola Repigmentation
- Scar Relaxation & Camouflage
- Needling for Wrinkles and Acne Scars

Be the instructor's model and save 50%!

750 West Broadway, Suite 1108, Vancouver

604 873 3636 • www.biotouchcanada.com

Get on board and get up to 30,000[1] Aeroplan Miles.

Offer ends December 2, 2016. Conditions apply.

Visit tdaeroplan.com/van or call 1-888-714-4459 to learn more

TD Banking can be this comfortable.

[1] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Cranberries myth is squashed

Another folk remedy bites the dust. Cranberry capsules didn't prevent or cure urinary infections in nursing home residents in a study challenging persistent unproven claims to the contrary. The research adds to decades of conflicting evidence on whether cranberries can prevent extremely common bacterial infections.

The new study, published online Thursday in the Journal of the American Medical Association, used rigorous methods and the results are convincing, according to a journal editorial. Health care providers who encourage using cranberry products as a prevention method "are doing their patients a disservice," the editorial says.

THE INFECTIONS

Urinary infections lead to nearly 9 million doctor visits and more than 1 million hospitalizations each year. Men, because of their urinary anatomy, are less vulnerable, while almost half of all U.S. women will develop at least one of these infections in their lifetime. Symptoms can include painful, frequent urination and fatigue. Antibiotics are often used to treat the infections.

In a study published Thursday in the Journal of the American Medical Association, cranberry capsules didn't prevent or cure urinary infections in nursing home residents. MARK BUGNASKI/KALAMAZOO GAZETTE - MLIVE MEDIA GROUP VIA AP

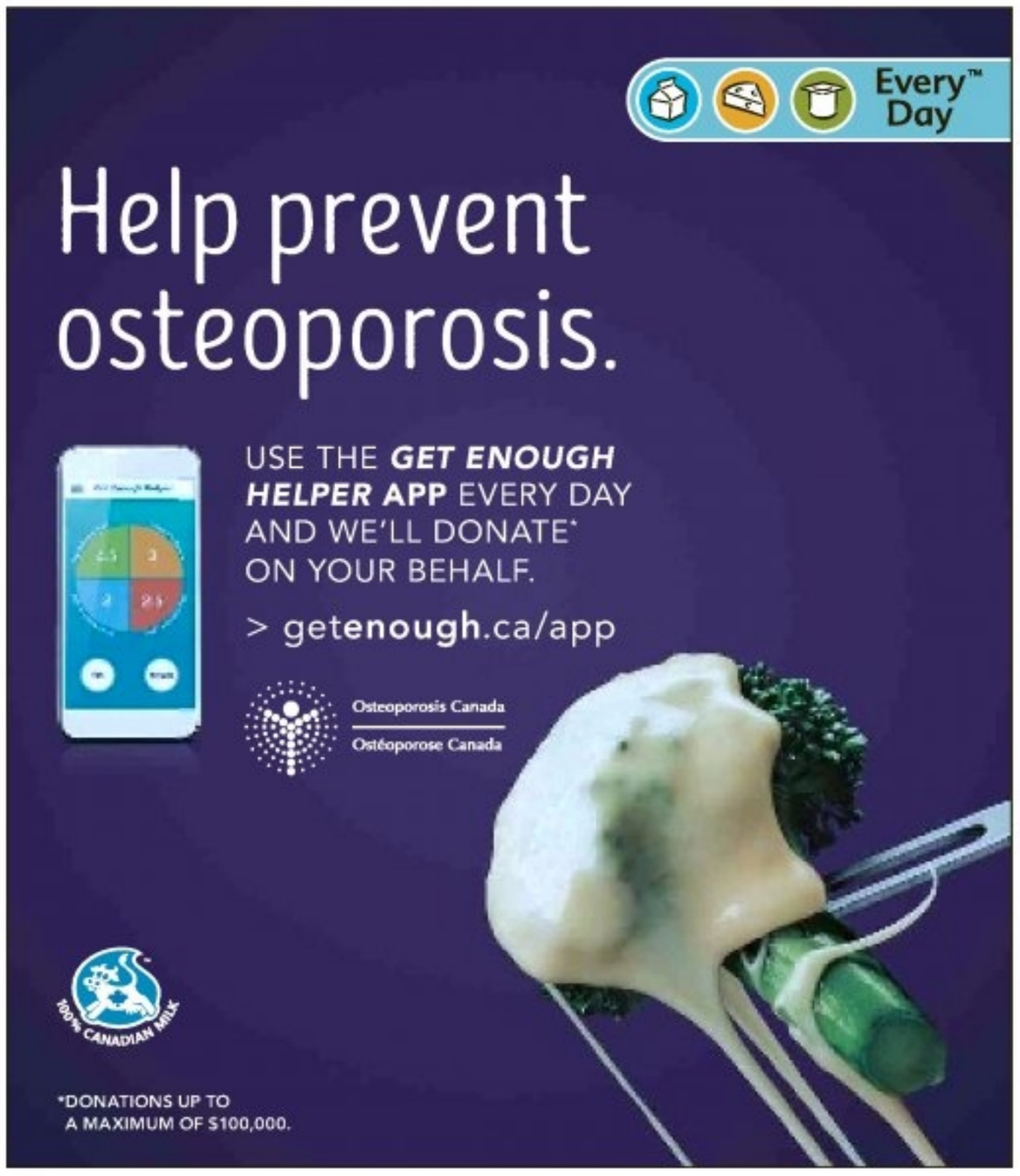
THE STUDY

The research included 147 older women in nursing homes who were randomly assigned to take two cranberry capsules or dummy pills for a year. The number of women with laboratory evidence of infection— bacteria and white blood cells in their urine — varied during the study but averaged about 29 per cent overall in both groups. Ten infections in the cranberry group caused overt symptoms, compared with 12 in the placebo group but that difference wasn't statistically significant.

THE ADVICE

People who think they have a urinary infection should see a doctor for diagnosis and treatment, but avoid cranberry products "in place of proven treatments for infections," according to the National Institutes of Health alternative medicine branch. The journal editorial says additional research is needed to find effective treatments. "It is time to move on from cranberries," the editorial says.

THE ASSOCIATED PRESS


Every™ Day
Help prevent osteoporosis.
USE THE GET ENOUGH HELPER APP EVERY DAY AND WE'LL DONATE* ON YOUR BEHALF.
> getenough.ca/app
Osteoporosis Canada
Ostéoporose Canada
100% CANADIAN MILK
*DONATIONS UP TO A MAXIMUM OF $100,000.

HEALTH BRIEFS

Sugar for kids' migraines

A new study found that sugar pills worked as well at preventing kids' migraines as two commonly used headache medicines, but had fewer side effects.

The results may lead doctors to rethink how they treat migraines in children and teens. It's the first rigorous test in kids of two generic drugs that are also used for adults' migraines, topiramate and amitriptyline. Both drugs reduce by half the number of days kids had migraines over a month's time. But so did placebo sugar pills.

The study was released online Thursday in the New England Journal of Medicine. THE ASSOCIATED PRESS

Skin patch for kids with peanut allergy

A new study shows a wearable skin patch may help children who are allergic to peanuts by delivering small doses of peanut protein.

The National Institutes of Health funded the yearlong study. It says nearly half of those treated with the patch were able to consume at least 10 times more peanut protein than they were able to consume prior to treatment.

THE ASSOCIATED PRESS

STUDY

Cholesterol test for baby may help

What if a blood test could reveal that your child is at high risk for early heart disease years in the future, giving you a chance to prevent it now? A big study in England did that - screening thousands of babies for inherited risk - and found it was twice as common as has been thought.

The study also revealed parents who had the condition but didn't know it, and had passed it on to their children. Ninety per cent of them started taking preventive medicines after finding out.

Researchers say the two-generation benefits may convince more parents to agree to cholesterol testing for their kids. An expert panel in the United States recommends this test between the ages of 9 and 11, but many aren't tested now unless they are obese or have other heart risk factors such as diabetes or high blood pressure.

For every 1,000 people screened in the study, four children and four parents were identified as being at risk for early heart disease. That's nearly twice as many as most studies in the past have suggested.

Dr. William Cooper, a pediatrics and preventive medicine professor at Vanderbilt University, called it "an innovative approach" that finds not just kids at risk but also parents while they're still young enough to benefit from preventive treatment, such as cholesterol-lowering statin drugs.

Statins aren't recommended until around age 10, but certain dietary supplements such as plant sterols and stanols could help younger kids, Urbina said.

The study was led by Dr. David Wald at Queen Mary University of London. He and another author founded a company that makes a combination pill to prevent heart disease. The work was funded by the Medical Research Council, the British government's health research agency. Results were published Wednesday by the New England Journal of Medicine.

Researchers were testing for familial hypercholesterolemia, a genetic disorder that, untreated, raises the risk of a heart attack by age 40 tenfold.

They did a heel-stick blood test on 10,059 children ages 1 to 2 during routine immunization visits to check for high cholesterol and 48 gene mutations that can cause the disorder. If a child was found with the disorder, parents were tested.

One in 270 children had the gene mutations.

THE ASSOCIATED PRESS

metro SPORTS

Acquired from Nashville in a controversial trade, defenceman Shea Weber has posted 10 points in his first nine games with first-place Montreal

Home is where the party is

WORLD SERIES

Cleveland eager to take chance to seal triumph on familiar turf

Josh Tomlin looked forward to Halloween and dressing up with his daughters, two-year-old Makenzie Jae and one-year-old Myla Kate.

"I might be daddy piggy," he said.

With Cleveland anticipating the city's first World Series championship since 1948 — and its first title clincher at home since 1920 — the Indians' Game 6 starter was happy to be back home ahead of his outing against the Chicago Cubs on Tuesday night.

Chicago closed to 3-2 with Sunday's win at Wrigley Field. The Cubs, who haven't won it all since 1908, are trying to become the first team to overcome a 3-1 Series deficit since the 1985 Kansas City Royals and the first to do it by winning Games 6 and 7 on the road since the 1979 Pittsburgh Pirates.

Rather than celebrate in the cramped visitors' clubhouse at Wrigley, the Indians are in position to party in their own digs at Progressive Field — where a makeshift shrine to Jobu, the Voodoo idol from the Cleveland clubhouse in the 1989 film Major League, was erected in a stall between the lockers of Mike Napoli and Jason Kipnis.

"He's just chilling over there, doing his thing," Napoli said.

Cleveland fans have missed out on being there for this year's big events: first, the Cavaliers completed their NBA Finals comeback on the road, beating Golden State in Game 7 for the city's first major pro sports championship in 52 years. Then, the Indians clinched the AL Central crown at Detroit, won the Division Series in Boston and the AL Championship Series at Toronto.

"It'll be ideal. We have a better situation to do it now," Kipnis said. "It would be nice to actually do one in front of the home crowds."

The baseball season spills into an unusual month for the fifth time, with Rockto-

Cleveland's Josh Tomlin will be the Game 6 starter for the hosts, while Jake Arietta will start for the Cubs. JAMIE SQUIRE/GETTY IMAGES

1948

The year the Cleveland Indians last won the World Series.

ber parties replaced by two teams hoping for a November to remember.

Jake Arrieta, who pitched no-hit ball into the sixth inning to win Game 2, starts on five days' rest for the Cubs against Tomlin, who will have had three days off since throwing 58 pitches in his Game 3 no-decision.

If the Cubs force Game 7, Kyle Hendricks would pitch on regular rest for Chicago against Corey Kluber, who would make another start on short rest and try to become the first pitcher to win three starts in one Series since Detroit's Mickey Lolich in 1968. Chicago delayed its charter flight to Cleveland until Monday night.

In the Wrigley Field clubhouse, a message said: "Halloween costumes are encouraged on the plane."

"We wanted them to have the opportunity to be with their kids today during the Halloween moment," Cubs manager Joe Maddon said.

"After that game last night, believe me, man, I was in no mood to get up and travel today. I think it actually is working out pretty well. We're going to get in at a really good hour, grab stuff to eat and go to bed."

THE ASSOCIATED PRESS

Confident Cubs fans believe in miracles

John Dankanich's plan for the World Series this week is a busy one: After the Chicago Cubs staved off elimination by beating Cleveland, he planned to drive home to Alabama from Wrigley Field, take his son trick-or-treating on Monday, watch Game 6 on Tuesday night and then get back in his car to drive to Cleveland to see Game 7.

He has already bought his ticket for a Wednesday night game he is positive will happen.

"They're going to win and I'm going to Cleveland," the 38-year-old engineer said Monday as he drove south to Huntsville after attending Sunday night's 3-2 win by the Cubs that trimmed Cleveland's Series lead to 3-2.

After years of waiting to see what new and exotic way their team would fall short, Chicago fans are a decidedly confident bunch this fall.

As chants of "Cubs in Seven" reverberated around Wrigley on Sunday night, fans said they firmly believe the Cubs will become just the sixth team in history to overcome a 3-1 Series deficit.

Never mind that they would also be first team to do that since the 1985 Royals and the first to do it by winning Games 6 and 7 on the road since the 1979 Pittsburgh Pirates.

"This is the year to believe, this is the year of miracles," said Marilyn Hnatusko, who attended Game 3 of the Series last Friday.

THE ASSOCIATED PRESS

Vancouver metro

Lest we Forget

SPECIAL METRO TRIBUTE

NOVEMBER 10, 2016

RECOGNIZE THE VETERAN IN YOUR FAMILY

By placing an acknowledgement and photo in ***LEST WE FORGET***, you'll celebrate your family's legacy and pride for 300,000 Metro readers to see. Make sure that your family hero is a part of this special honour to our war veterans. Their commitment and sacrifice should never be forgotten.

TO PLACE YOUR ORDER, EMAIL:

adinfovancouver@metronews.ca

Be sure to include the subject line **"Lest We Forget"**
All submissions need to be received no later than 12pm, November 3rd.

Sgt. John Smith XXXXXXXXXXX

Etiam fringilla sem nec nibh scelerisque, ac iaculis massa ornare. Etiam ut dolor est. Mauris eget dolor malesuada, luctus libero nec, volutpat neque. Aenean [illegible] mauris sed feugiat sagittis, odio nisl accums[illegible] at volutpat mauris mauris id metus. Laoree[illegible] efficitur semper. Ut bibendum quam et dola[illegible]

PRICE: $99.00 + GST PER SUBMISSION

*ad not to size. ACTUAL AD SIZE - 4.921" W x 1.64" H. • MAXIMUM WORD COUNT: 50

$10 from every reader submitted ad will be donated to the *Vancouver Poppy Fund.*

Tricks and treats as DeRozan rises again

Russell Wilson and the Seahawks have been struggling mightily on offense of late. JONATHAN BACHMAN/GETTY IMAGES

NFL

Seattle defence rests as offence rethinks

To little surprise, Pete Carroll is giving the Seattle Seahawks an extra day of rest this week with a Monday night game coming up.

Seattle's defence has certainly earned the bonus day off. The same can't be said of the Seahawks' offence.

Over the past two weeks, Seattle's been pushed to the limits defensively. After being on the field for 95 plays and more than 46 minutes a week ago against Arizona, the Seahawks defence was on the field for another 76 plays and more than 36 minutes in Sunday's 25-20 loss to New Orleans.

While the opponents are doing their part in exhausting Seattle's defence, one of the major culprits is a struggling Seahawks offence that has one offensive touchdown in the past nine quarters.

"We need to get out of what we've been in here the last two weeks. This is not the way we're going to play football. We're going to fix this," Carroll said Monday. "It just happened back to back to us in very similar fashion and I can't wait to get back on the practice field. We all feel the same. There will be some things that will look different."

Seattle's lacklustre offensive performance against the Saints came on the heels of last week's overtime tie with Arizona where the Seahawks failed to find the end zone for the second time this season.

THE ASSOCIATED PRESS

IN BRIEF

Thunder extending Adams, Oladipo deals: Sources

Two people with knowledge of the situation say that the Oklahoma City Thunder have agreed to terms with Steven Adams and Victor Oladipo on four-year contract extensions.

New Zealander Adams is finalizing a deal worth $100 million and Oladipo is understood to be getting $84 million.

THE ASSOCIATED PRESS

Cutler and Howard shine as Bears bite back at Vikings

Jay Cutler threw for 252 yards and a touchdown after missing five games with a thumb injury, rookie Jordan Howard ran for a career-high 153 yards and a TD, and the Chicago Bears stunned the Minnesota Vikings 20-10 on Monday. The Bears (2-6) handed the NFC North-leading Vikings (5-2) their second straight loss. THE ASSOCIATED PRESS

NBA

Red-hot Raptor sets franchise mark for most prolific start

DeMar DeRozan continues to rewrite the Toronto Raptors record book, and is showing no signs of slowing down.

The two-time all-star poured in 33 points, becoming the first player in franchise history to open a season with three 30-plus games, propelling the Raptors 105-102 past the Denver Nuggets on Monday. Kyle Lowry chipped in with 29 as the Raptors (2-1) withstood a furious Nuggets comeback.

"DeMar's been great," said Raptors coach Dwane Casey. "His offensive force he's playing with right now is unreal. Kyle stepped up tonight and gave him a little boost. DeMar's playing at a very high level offensively.

"We've gotta maintain that and not wear that out, but he's been doing a great job. His leadership and Kyle's leadership has been big time."

DeRozan also became the first player since Kobe Bryant, in 2005, to open with three 30-plus games without scoring a three-pointer.

And in what's becoming a habit, DeRozan had to be informed of the record in the post-game locker-room.

"That was a long time ago," DeRozan said. "I'm gonna have to text Kobe or something."

"His game, man. That's his game," Lowry said of DeRozan. "People say he don't shoot threes, it don't matter. You average 30 points without threes, it's pretty impressive no matter what. I just want him to keep going and I know he will."

Jonas Valanciunas added 12 points and nine rebounds, while DeMarre Carroll finished with 10 points for Toronto, which led by 18 points early in what would turn into a nail-biter.

Danilo Gallinari, Emmanuel Mudiay and Will Barton, who left the game late in the third with an ankle injury, had 16 points apiece for Denver (1-2).

The Raptors let their lead slip away in the third quarter, and when Jameer Nelson drilled a three-pointer with six seconds left in the frame, it cut Toronto's advantage to just two points. DeRozan replied with a turnaround jumper at the buzzer to send the Raptors into the fourth with an 88-84 advantage.

The Nuggets took their first lead of the game with 8:50 to play when Canadian Jamal Murray launched a long pass to a wide open Wilson Chandler for a three-pointer. Nelson drained another three and Denver led by four points with 7:53 to play.

DeRozan and Lowry combined for the Raptors' final 15 points, and Lowry's driving layup with 45 seconds to play put the Raptors up by three and brought the capacity Air Canada Centre crowd of 19,800 out of their seats. Gallinari and Mudiay had three-pointers bounce off the rim to guarantee Toronto's victory.

DeRozan's hot start comes amid other superstar performances from the likes of Anthony Davis of the New Orleans Pelicans and Oklahoma City's Russell Westbrook.

He conceded it's nice to be mentioned in conversations about the league's top players, he doesn't believe his performance is on par.

"Hell no. No. Did you see what they've been doing? That's video game numbers," DeRozan said.

THE CANADIAN PRESS

The Toronto Raptors' in-form DeMar DeRozan shoots past the Denver Nuggets' Wilson Chandler at Air Canada Centre on Monday night. JON BLACKER/THE CANADIAN PRESS

MONDAY At ACC

RAPTORS	NUGGETS
105	102

metro Service Directory To advertise call 604.602.1002

SPIRITUALISTS

ESHWAR ASTROLOGY CENTRE
BORN GIFTED WITH PSYCHIC & SPIRITUAL POWERS
OVERPOWERS AND IMPOSSIBLE PROBLEMS WILL BE SOLVED
9 TIMES MORE EXPERIENCED ASTROLOGER
Resulting Lost Love · Family Issues · Separation - Divorce · Success in Career · Marriage Problems · Negative Energy
POWERFUL LOVE AND MONEY SPELLS
ANY TYPE OF BLACK MAGIC WILL BE REMOVED IN 3 DAYS
DON'T MISS THE ULTIMATE HEALING EXPERIENCE
604-760-3342 / SURREY. BC

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 | NEAR SUPERSTORE, DELTA

KALBHAIRAV
ASTROLOGER & PSYCHIC
International & Special Astrologer
Master Ramji
Specializing In Bringing LOVED ONES BACK
MASTER JI GIVES SUGGESTIONS & SOLUTIONS FOR LOVE, HEALTH, WEALTH, MONEY, JOB, VISA, COURT, EDUCATION, MARRIAGE, ENEMY, HUSBAND-WIFE RELATIONSHIP, PROPERTY, ETC.
Master Ji Will Remove all Black Magic, Jadoo, Voodoo, Evil Spirits, Witch Craft, Etc. & Give Life Long Protection!
Call For Appointment
604-761-6428
12232 80 Ave., Surrey, BC V3W 2Z9 (Near Fruticana)
ANY PROBLEMS SOLVED IN 9 DAYS! 100% GUARANTEED
FREE READING SAT-SUN
OPEN 7 DAYS A WEEK Time: 8AM to 8AM ALL RELIGIONS WELCOME!

RECIPE White Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

For obvious reasons, this isn't your average chili but it can go toe-to-toe with any beefy bowl you throw at it. That's a promise.

Ready in 55 minutes
Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannelini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown the chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

2. Remove from the pan and place on a plate. Set aside.

3. Saute the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and mix in the chicken. Let simmer for about 20 minutes.

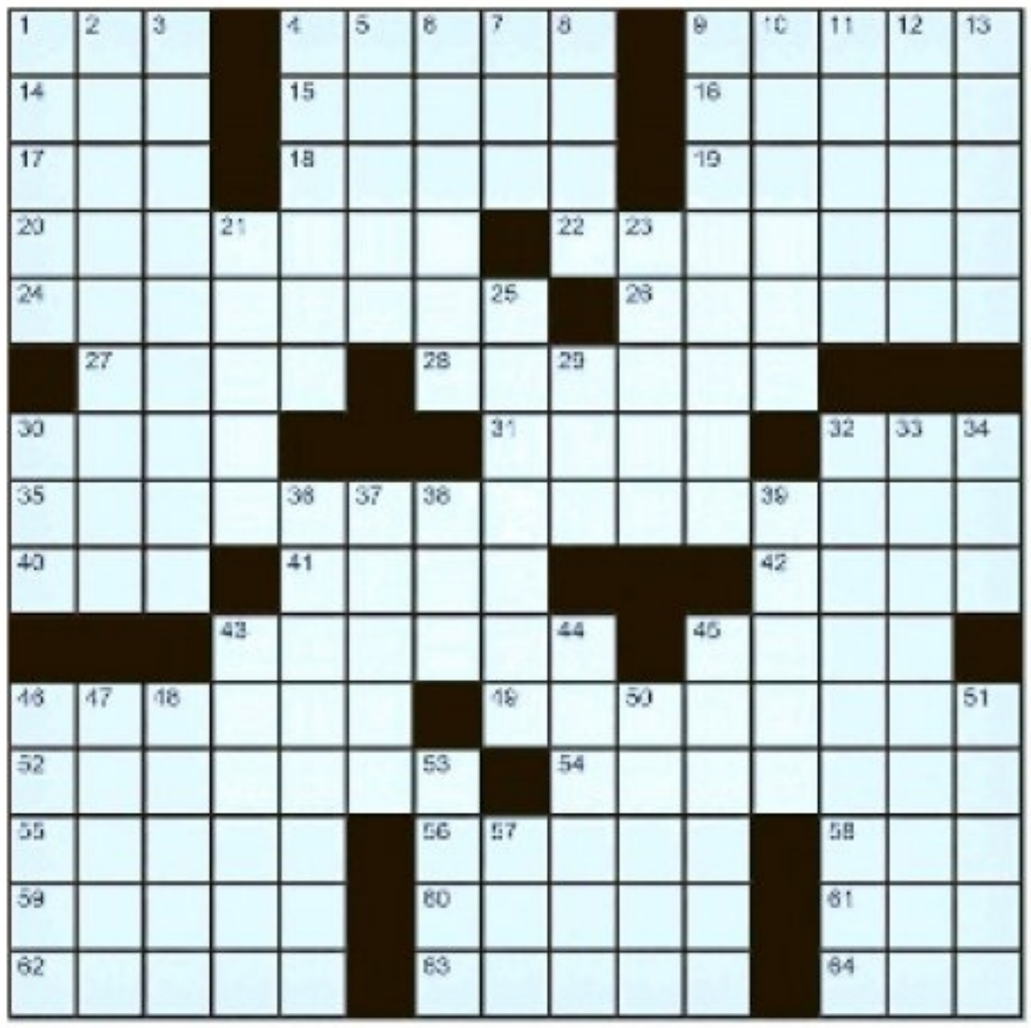
4. Turn the heat down and stir in the yogurt. Now add the lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

5. Serve with a good sprinkling of cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "I __ Rock" by Simon & Garfunkel
4. "Mad Men" gig
9. State of conflict
14. Used to be
15. Jeweller's eye piece
16. "(Get Your Kicks on) __ 66" by The King Cole Trio
17. State-of-the-__
18. Pitchers
19. Choler
20. Everest endeavour equipment: 2 wds.
22. Silver-__ (Eloquent)
24. Fajita need
26. Seizes control
27. Icky-__ (Yuckies)
28. Ask people to the party
30. Take part
31. Martial Arts practicing centre
32. Ms. Peeples
35. Nova Scotia: Multi-purpose cultural complex (theatre, market, conventions) in downtown Dartmouth: 2 wds.
40. Negatives
41. Big slice of the cake
42. "This is fun!"
43. __ of error
45. Hide
46. Gets eight hours
49. Hobby plane creator
52. Landline telephone part
54. 1958 Jimmy Stewart/Kim Novak classic directed by Alfred Hitchcock
55. Sound
56. Clinging wall vines
58. __ Paulo, Brazil
59. Apprehension
60. __ __ Bonnet, Manitoba
61. Exploder
62. Too soon
63. Hair lock
64. Aves.

DOWN
1. Pend
2. Historic mercantile traveller from Venice: 2 wds.
3. Sun's rocky orbiters
4. "Gilmore Girls" star Ms. Bledel
5. Carpentry pin
6. Oatsy dried fruit mix
7. Prime Minister Lester B. Pearson's birthday, __. 23rd, 1897
8. Up-in-a-tree sight
9. Emmy-winning "Breaking Bad" star Bryan
10. Sophisticated seat, Chaise __
11. Prognosticate
12. Let the tea sit
13. Grazing groups
21. Repent
23. "__: Origin of Evil" (2016)
25. Canadian singer of 1974 chart-topper "Rock Me Gently": 2 wds.
29. Li'l loudness
30. Yr. starter
32. Supreme skeptics
33. Unrefined
34. Living thing's number
36. "I Will Play a __" by Burton Cummings
37. "General Hospital" occupation
38. One official lang. in Canada
39. Brooded
43. In the centre
44. Beginner
45. Against
46. Cover from the sunshine
47. "Little House on the Prairie" daughter
48. 'Bart' add-on (Woody on "Cheers")
50. Feats
51. Beginnings
53. Lean
57. Mixed bag [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be realistic in your financial dealings today, because you are inclined to give away the farm. Don't forget to cultivate a healthy self-interest.

Taurus April 21 - May 21
Relations with others are warm and cozy today, because there's an easy camaraderie between you. There also is a sense of mutual empathy and understanding.

Gemini May 22 - June 21
Someone might approach you for advice at work today. Perhaps he or she just needs a sympathetic ear? Whatever the case, you will do what you can to help.

Cancer June 22 - July 23
Today you are in touch with your creative vibes. Explore ways to express your artistic talents. Many of you feel sympathetic toward children today.

Leo July 24 - Aug. 23
Today a family discussion will be heartfelt and sincere because you feel genuine concern for someone. It's a good day for this kind of discussion, because you are sensitive to what others need.

Virgo Aug. 24 - Sept. 23
You might spend a lot of time today daydreaming or being lost in a fantasy. That's OK, because we all need time to envision our Walter Mitty dreams.

Libra Sept. 24 - Oct. 23
Be careful with your finances today, because you might give away too much or feel so sympathetic to someone that you ignore your own needs. Try to keep a healthy balance.

Scorpio Oct. 24 - Nov. 22
You are tuned into the wants and needs of someone close to you today. That's why any discussion that you have with this person will be sensitive and meaningful.

Sagittarius Nov. 23 - Dec. 21
Something going on behind the scenes might be secretive today, or perhaps you will discover a secret. Whatever the case, things are mysterious and hidden.

Capricorn Dec. 22 - Jan. 20
It's easy to idealize a friend today or put someone up on a pedestal. In the long run, this generally leads to disappointment. Try to see others in realistic terms.

Aquarius Jan. 21 - Feb. 19
Someone in a position of power might feel sympathetic to you today and want to help you. Or perhaps you are the person who wants to help someone else.

Pisces
Feb. 20 - March 20
Because your appreciation of beauty is heightened today, enjoy art galleries, museums, beautiful parks and gorgeous, architectural buildings. See the beauty in your world.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		3				1		
	4		9		2		5	
8				1				3
	1			9			3	
		8				6		
	6			5			4	
1				7				6
	9		4		1		2	
		2				7		

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	8	9	1	6	7	4	5	3
4	6	1	8	3	5	2	7	9
3	7	5	4	9	2	8	1	6
7	5	2	3	1	6	9	8	4
6	4	8	2	5	9	7	3	1
1	9	3	7	8	4	6	2	5
8	2	6	5	4	1	3	9	7
9	1	7	6	2	3	5	4	8
5	3	4	9	7	8	1	6	2

never missing the game:
priceless
Introducing a new way to live stream sports.
Use your **Mastercard**® when you sign up for
Sportsnet NOW and get **50% off the first 3 months.**
mastercard.
SN NOW
Sign up at **sportsnet.ca/mastercard**
For full terms and conditions, visit sportsnet.ca/mastercard. ®/™ Mastercard and Priceless are registered trademarks, and the circles design is a trademark of Mastercard International Incorporated. ©2016 Mastercard.